

What is a Minor Nail Procedure?

A procedure that is carried out on toe nails which cause a person discomfort by either being ingrown, curved (involved) at the edges or thickened due to trauma or infection. Part or all of the toe nail may be removed under a local anaesthetic.

Who performs the Minor Nail Procedure?

The procedure will be carried out by a fully trained Podiatrist supported by a Podiatry Clinical Assistant. Other Podiatrists or Podiatry Students may be present on occasions. You should tell the Podiatrist if you object to their presence.

What happens during the Procedure?

A local anaesthetic will be administered into the base of both sides of your toe/toes. If you are concerned about having an injection you can use EMLA numbing cream at the base of your toe which is available via your GP. Once the local anaesthetic has taken effect a tourniquet will be applied to the base of your toe, then either a section of nail or the whole nail will be removed. A chemical will be applied to the nail bed to prevent the nail from re-growing. It is your choice if the chemical is applied or not, if not then the nail will re-grow but is likely to be problematic in the future. The Tourniquet is removed and your toe is dressed.

What happens after the Procedure?

A large bulky dressing will be applied to your toe. Verbal and written after care instruction will be given to you and a dressing pack will be provided. Your toe will remain numb for up to 4 hours. You should rest with your foot up for the rest of the day to reduce any bleeding. The following day you will need to remove your dressing and replace it with a new dressing from the pack provided. Once your new dressing is in place you can return to normal daily activity's such as school or work – be careful with foot wear and not to knock your toe. You will need to re-dress your toe every day until it is healed. This will be roughly 6-8 weeks, but may take longer in some cases
We can offer further appointments to monitor the healing if required. You should refrain from contact sports and water sports/swimming whilst your toe is healing.

Useful Tips?

You will need to bring sandals or slippers to wear after the procedure to accommodate the dressing. You will be UNABLE to drive home from the procedure due to your toe being numb. Most people feel very little or no pain after the procedure and during recovery. When removing the bulky dressing the day after the procedure it is recommended to get the dressing wet as this will make it easier to remove.

Any questions?

If you have any further questions please phone 02920 335135/335134 to speak to a member of our administration team where a message will be passed onto the appropriate clinician.